

# Adaptive Recreation Spring & Summer



## Adult Program Registration

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

\_\_\_\_\_ ZIP \_\_\_\_\_

DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_

PHONE #1: (    ) \_\_\_\_\_

EMERGENCY PHONE #: (    ) \_\_\_\_\_

EMAIL

ADDRESS: \_\_\_\_\_

(If you wish to receive EMAIL updates/notices)

### ACTIVITIES

Program	Cost	Transportation
<input type="checkbox"/> Soccer	\$55	-----
<input type="checkbox"/> Choir	\$56	N/A
<input type="checkbox"/> Sports Night	\$70	<input type="checkbox"/> ZIPs ~ \$60
<input type="checkbox"/> Movies, Music & More!	\$70	<input type="checkbox"/> ZIPs ~ \$60
Swim		
<input type="checkbox"/> Spring Session	\$48	-----
<input type="checkbox"/> Summer Session	\$64	
<input type="checkbox"/> Horseshoes	\$36	-----
<input type="checkbox"/> Teen Scene	\$20	-----
<input type="checkbox"/> Young Adults Nite!	\$15	-----
<input type="checkbox"/> Summer Dance	\$7	-----
<input type="checkbox"/> Night with the Honkers	\$10.	If sending staff, please include payment of \$10 with registration.

For Persons 18 & 19 Years Old!

Summer Day Camp		
Week	Program Dates	Cost
<input type="checkbox"/> #1	June 14-18	\$115.00/person  Add \$50.00/per person/week if requiring 1:1 staffing.
<input type="checkbox"/> #2	June 21-25	
<input type="checkbox"/> #3	June 28-July 2	
<input type="checkbox"/> #4	July 5-9	
<input type="checkbox"/> #5	July 12-16	
<input type="checkbox"/> #6	July 19-23	
<input type="checkbox"/> #7	July 26-30	
<input type="checkbox"/> #8	August 2-6	

### REGISTRATION INFORMATION

Dates: Monday, March 8- Friday, March 19

Location: The Government Center

201 4<sup>th</sup> Street SE #150

Rochester, MN 55904

Office Hours: 8am-5pm / Monday – Friday

Phone: (507) 328-2539

Registration Options:

- 1). In person
- 2). By Mail
- 3). By phone (credit card payments only)



Website: [www.rochestermn.gov/parks](http://www.rochestermn.gov/parks)

Subscribe to email alerts by visiting our webpage.

### PAYMENT METHOD

Please note; payment MUST accompany registration in order to secure a spot in activities unless billing to an organization.

☐ Cash - \$ \_\_\_\_\_

☐ Check/Money Order - \$ \_\_\_\_\_

(Make payable to Parks & Recreation)

☐ Bill to: \_\_\_\_\_

Organization Name

\_\_\_\_\_

Contact Phone #

\_\_\_\_\_

Organization Address

☐ Credit Card:

\_\_\_\_ Visa

\_\_\_\_ Master Card

\_\_\_\_ Discover

Name on card: \_\_\_\_\_

Card #: \_\_\_\_\_

Expiration Date: \_\_\_\_/\_\_\_\_

Total amount to be charged: \$ \_\_\_\_\_

## What is the Adaptive Recreation Program?

The Adaptive Recreation program is sponsored by the Rochester Parks & Recreation Department and is a year-round therapeutic sports and leisure program for persons ages 3 - through adulthood, who have been diagnosed with a Developmental Disability.

Activities are designed to encourage the development and use of independent skills, fine & gross motor coordination, and facilitate social relationships and communication skills.

If you would like to receive a quarterly program brochure, please call the Director of Adaptive Recreation at (507) 328-2539 or visit our website at [www.rochestermn.gov/parks](http://www.rochestermn.gov/parks) and subscribe to email alerts!

## CHOIR

Singing improves unspoken communication, and challenges concentration, attention and memory skills, encourages eye contact and confidence! Why not join choir and not only receive all the benefits, but also experience the fun of singing with friends! Choir performance will be May 17 @ 7:30 p.m., invite your family & friends.

**WHO:** Persons 18+ years who are able to sing.

**DATES:** Mondays, April 12-May 17

**LENGTH:** 6 weeks

**TIME:** 7:00-8:00 pm

**COST:** \$56.00

**LOCATION:** Sunset Terrace Elementary School Music Room



## MONDAYS

### SOCCER

Coach Wayne will lead youth in working on eye-foot coordination and balance skills involving kicking, blocking, moving the ball down the field and around obstacles. Youth will practice their new skills during 'game time' too!

**WHO:** Youth ages 18+

**DATES:** Mondays, May 10-June July 5  
(No class May 31)

**LENGTH:** 8 weeks

**TIMES:** 7:15-8:00 pm – Ages 18+

**COST:** \$56.00

**LOCATION:** The National Volleyball Center – when the weather is nice we'll play outdoors! Athletic shoes only!



### SPORTS NIGHT

Activities involving indoor and outdoor summer sports such as Archery, Bocce ball, Horseshoes, Frisbee, Golf, and more!

**WHO:** Persons 18+ years

**DATES:** Tuesdays, June 8-Aug. 10

**LENGTH:** 10 weeks

**TIME:** 7:00-8:30 pm

**COST:** \$70.00

**LOCATION:** Varies; a schedule including activities and locations will be mailed out ahead of time.



## WEDNESDAYS

### MIRACLE LEAGUE SOFTBALL PROGRAM

The Miracle League is an adaptive t-ball/softball program for youth and adults with either a physical and/or cognitive disability!

Rochester boasts a Miracle Field at the Watson Sports Complex. The field has a rubberized playing surface allowing barrier-free accessibility over the entire field.

Bases are painted on the surface so persons with cognitive and/or visual impairments or those using wheel chairs, crutches, or walkers can easily maneuver the entire field without obstacle!!

To register for the Miracle League Softball program, go to [www.semmiracleleague.com](http://www.semmiracleleague.com)

### MOVIES, MUSIC & A LITTLE BIT MORE!

A collaborative with Bear Creek Services.

Learn about new countries, sing along with musical guests, or make crafts and play games during this fun and entertaining night out with friends! A list of activities and locations will be mailed out prior to the beginning of the program.

**WHO:** Persons 18+ years

**DATES:** Wednesdays, June 9-August 11

**LENGTH:** 10 weeks

**TIME:** 7:00-8:30 pm

**COST:** \$70.00

**LOCATION:** Bear Creek Services, 3108 Hwy. 52 North.



## SATURDAYS

### YOUNG ADULTS NIGHT

A fun program night for young adults who are either transitioning or already transitioned into Adulthood! Participants will assist in planning activities for the session based on their interests and which include making dinner, going to the movies, swimming, planning a picnic, and other fun activities!

**WHO:** Persons 20-30 years of age  
**DATES:** Saturdays, April 17, May 1 & 15, and June 5  
**LENGTH:** 4 weeks  
**COST:** \$15 (registration fee only) additional costs may be associated with some activities.

**NOTE:** Registrants will meet on Saturday, April 17 at Valentinos Pizza from 6:00-7:30 p.m. for dinner & to assist in planning the activity schedule. Please bring \$6.00.

#### ACTIVITY SCHEDULE:

Will be posted online and emailed to participants on April ; if you do not have email or internet access and need one mailed to you please call (507) 328-2539 to let us know!

## SWIM

For the experienced deep end swimmer – this will be a time of organized lap swim with an instructor; work will consist of front, back, and breast strokes as well as treading water. Limited space available.

**WHO:** Persons 18 years and older

**DATES:** Spring Session  
Thursdays, April 22-May 27

**LENGTH:** 6 weeks  
**COST:** \$48.00



**DATES:** Summer Session  
Thursdays, June 18-August 6

**LENGTH:** 8 weeks  
**COST:** \$64.00

#### BOTH SESSIONS RUN

**TIME:** 7:00-7:45 p.m.  
**SITE:** The Recreation Center Pool.

## FRIDAYS

### TEEN SCENE

A popular program in which “Teens” plan the Friday Night activities based on the group’s interests. Emphasis is placed on activities supporting and encouraging social skills based among the group members. Bring your school activity calendar, newspaper, your thoughts or other “tools” to help plan activities.

**WHO:** Persons 18-19 years of age  
**DATES:** Fridays, April 9-May 28  
**LENGTH:** 8 weeks  
**COST:** \$20 (registration fee only)  
\*Additional costs associated with some activities.



**NOTE:** Teens will meet on Friday, April 10 at Valentinos Pizza from 6:00-7:30 p.m. for dinner & to assist in planning the activity schedule. Please bring \$6.00 for dinner.

#### ACTIVITY SCHEDULE:

Will be posted online and also emailed to participants on April 13; if you do not have email or internet access and need one mailed to you, please call!

## SPECIAL ACTIVITIES

### A NIGHT WITH THE HONKERS

Join us at the Ol' ball game and watch the Rochester Honkers play the LaCrosse Loggers! Hotdog and coke included in the price of admission!

**WHO:** Persons 18+ years  
**DATE:** Tuesday, June 22  
**TIME:** 6:30-9:30 p.m.  
**COST:** \$10/participant



**(If group home and/or support staff will be attending, payment must be accompany registration).**

**LOCATION:** Mayo Field Ballpark, 403 East Center Street. Meet Park staff at ticket booth near stadium.

## SPECIAL ACTIVITIES cont.

### SUMMER DANCE

Hit the dance floor and enjoy great music and being with your friends! Refreshments served; pre-registration is required and accepted until Thursday, June 10 at noon. **Limited supervision provided. We do not provide one:one supervision – please bring an aide if one is required.**

**WHO:** Persons 18+ years  
**DATE:** Friday, June 11  
**TIME:** 6:30-8:30 p.m.  
**COST:** \$7.00  
**LOCATION:** The Graham Arena @ the Fairgrounds.

### Dancing with Angels Memorial Dance for Sara Bea

Open to persons with developmental disabilities ages 18 years and older.

Tuesday, June 15 from 6:30-8:30 p.m. at the Bea Family Farm.

Please RSVP to (507)254-5902  
Directions will be given out at this time.



### SUMMER DAY CAMP

Activities include crafts, music therapy, social skills activities, swimming, dramatic play, adventures and activities that not only are fun but therapeutic and educational! Bring a swimsuit, towel, and snack daily! An information packet and weekly schedules will be mailed to participants prior to camp!

**WHO:** Persons 18 & 19 years of age of all ability levels!  
**DATES:** Monday-Friday  
June 14-18 – Week #1  
June 21-25 – Week #2  
June 28-July 2 – Week #3  
July 5 - 9- Week #4  
July 12-16 – Week #5  
July 19-23 – Week #6  
July 26-30 – Week #7  
August 2-6 – Week #8  
**TIME:** 1:00-5:15 pm  
**COST:** \$115.00/week - add \$50/week if needing a one:one.  
**LOCATION:** The West Pavilion@ Silver Lake

